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## **THE FUNCTIONING OF MORALITY IN THE CONTEXT OF EXTREME SITUATIONS**

Experimental investigations into morality frequently concentrate on human behavior in moments of stress or crisis, as these scenarios unveil profound facets of human nature, encompassing the potential for cooperation, altruism, or even cruelty. Empirical evidence indicates that during disasters or emergencies, individuals often exhibit remarkable moral fortitude, demonstrating a readiness to assist others, even in the face of peril to their own lives. According to published research on PubMed Central, during disasters people show compassion and help each other, indicating our natural tendency towards altruism in critical situations [3]. It is important to note that such occurrence are frequent in all types of disasters, from natural to technogenic,

which indicates the universality of moral reactions caused by extreme conditions of altruism in crisis situations. By examining human behavior in times of crisis, we can attain profound insights into the moral complexities inherent in such circumstances. For example, a research study conducted by The Correspondent platform demonstrates that in times of disaster, we often see a surge in helping among the people, even when social or economic interests may be under threat. People are able to set aside their personal interests for the sake of the collective good, which raises questions about the existence of an innate moral impulse in the individuals [5]. Similar findings are confirmed by a research in Sage Journals, which notes that in extreme situations, social norms and moral guidelines often take a back seat, but feelings of compassion and a desire to help others can arise even in the most difficult conditions [11]. A researches conducted in Germany, with the participation by the Max Planck Institute, demonstrated that in emergency situations, people often change their behavior to be more cooperative. This research indicates that in extreme circumstances, people not only become more willing to help each other, but also are willing to risk their own safety to achieve a common goal [10]. This may be part of an evolutionary mechanism that allows human groups to function as a collective rather than as individual units. Since cooperation is often the only way to survive in crisis situations, it can be argued that morality in such contexts is not just the result of individual beliefs, but also a requirement for collective survival. Other research, including an article published on the Time Healthland platform, draws attention to the salient point that social norms can vary depending on the context, and in situations where traditional laws and moral norms doesn't work, people often rely on intuitive moral impulses. In particular, in times of disaster, when customary social structures and laws collapse, people are more likely to be guided by basic human instincts, such as caring for loved ones and helping those in need [6]. This suggests that morality may not only be a social construct, but also a deep-seated human desire to maintain humanity even in the face of severe trials. Morality investigations in the context of emergencies proves that people's moral principles and behavior can be greatly altered depending on the situation. In disaster or crisis situations, where traditional social structures can no longer protect the interests of individuals, morality frequently reveals itself in various forms as altruism and a willingness to cooperate. These studies confirm that people are capable of acts of generosity, even in difficult circumstances, when life experiences and social attitudes may require a rethinking of moral norms. Thus, experimental investigations are demonstrate that morality is not just a set of established rules, but also a dynamic component of human behavior is formed by the influence of situations and the environment.

Compassion is one of the most important traits of human morality, especially in extreme conditions. When disasters or crisis occur, the ability to

empathize is essential to maintaining social cohesion, physical and psychological survival, and the preservation of humanity. Sympathy becomes the basis for moral behavior in such conditions, helping people to fight for others when they themselves are faced with great difficulties. Disasters, whether natural (earthquakes, hurricanes, storms) or technogenic (accidents, injuries, wars), put people in a situation where standard social norms and rules doesn't work. Nevertheless, it is precisely in such circumstances that compassion becomes the foundation on which ethical conduct is established. Individuals frequently unearth within themselves an innate capacity to assist others, even when such acts necessitate considerable personal sacrifice. In the CHAUSA article highlights that even in times of crisis, social responsibility and moral decisions can have a very positive effect on social cohesion [4]. Throughout human history, there have been countless instances where compassion has helped people remain morally resilient in the face of disaster. For example, during the Chernobyl nuclear power plant explosion, many rescuers, despite high levels of radiation, showed extraordinary courage in saving others, often without even realizing the full extent of the danger. This is a striking example of the moral behavior driven by deep compassion and a desire to help.

Equally important is the role of sympathy in a psychological resilience. In extreme situations, when a person may feel alone or helpless, support from the other becomes indispensable. Empathy helps to form social connections that enable people overcome stress and effectively cope with trauma. As research conducted by WHY:Y indicates, support, love, and kindness during times of crisis not only cultivate emotional resilience but also enable people remain their mental integrity [2]. Furthermore, compassion may serve as a pivotal mechanism in fostering collective resilience. For example, when a group of people experiences a disaster or other extreme situation, the feeling of mutual help and support helps to strengthen bonds and to reduces the stress. In such circumstances, moral guidelines can be reworked, and the importance of moral acts such as help, support, and empathy is revealed. During catastrophic events, compassion can become the basis for moral action even in contexts where established social structures falter. This means, that people do not always think about the basic laws and established norms, but rather about the main internal impulse that helps them. In the article by CHAUSA is noted that the crisis of social stability and moral crisis can have a very positive effect on the formation of the community [4]. Moreover, compassion is a key element in preventing the deinstitutionalization of social norms. While conventional moral guidelines may lose their power in extreme conditions, compassion remains profoundly embedded in human nature and frequently emerges as the mechanism by which individuals are deterred from engaging in aggressive or destructive behaviors. As the authors of the investigation conducted on the dspace.tnpu.edu.ua platform observe, expressions of

condolence in times of crisis enable individuals to adhere to their moral principles, even when societal norms may be violated [1]. Interest in sympathy in the context of extreme situations is not limited to the group aspect. Often in extreme conditions, compassion can save an individual, help him overcome his own pain and stress. According to data presented on WHYY, even in situations where other forms of assistance are absent, the simplest manifestations of compassion can be of great importance for maintaining psychological health [2]. This support may manifest as form of moral support, empathy, or even subtle acts of kindness that empower an individual to sustain their faith in both others and themselves.

Thus, compassion is an important moral mechanism in crisis situations, facilitating the preservation of social cohesion and support amidst extreme conditions. Importantly, it is compassion that enables individuals to uphold their humanity and moral convictions, even when social structures collapse. In the context of disasters and stressful situations, people not only help others, but also find the strength to support each other, which allows them to maintain faith in moral principles and humanity. Expressions of condolence serve not only physically but also psychologically to survive disasters, creating social connections that help overcome crisis situations. Extreme situations are a difficult test for moral values, but they do not necessarily lead to moral degradation. Human nature is more complex than the stereotypical idea of its selfishness and destructive nature. In crisis conditions, along with the individual desire for survival, showing sympathy, mutual assistance and the stability of moral principles, which testifies to the potential of humanity even in the most difficult circumstances.

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## **ФОРМУВАННЯ СТРЕСОСТІЙКОСТІ ЗДОБУВАЧІВ ВИЩОЇ ОСВІТИ**

На сьогоднішній день стрес, складні умови діяльності є невід'ємною частиною сучасного життя українців. Уникнути різного роду негативних впливів та зберегти психічне здоров'я – це досить складне завдання. Повсякденні побутові проблеми, конфлікти, епідемії, довготривала